

**JUST FOR THE HECK OF IT XVII –
(A Year-End Dance Against Hunger)
5K/ 1 Mile Run/Walk
8:30 AM**

Saturday, December 28, 2013

*"Dance, dance, wherever you may be;/ I am the Lord of the Dance, said He." – from the hymn by Sydney Carter (1963).
"Come what may, I will run." -- Ahimaaz to Joab, II Samuel 18:23a.*

DIRECTIONS to Just for the Heck of It XVII 5K / 1 Mile Run/Walk(see entry form / race flyer below)

From I-30, exit on Cooper Street (after Collins, if going West; after Fielder, if going East). Go N on Cooper until it dead ends on Green Oaks Blvd. (about 1.6 miles). Turn L at the intersection of N. Cooper & NW Green Oaks. Turn R at the very next intersection/light and go into River Legacy Parks.

One also can get directions from the 'Net, by, for example, going to www.yahoo.com, clicking on "Maps" and then on the "Get Directions" link OR www.MapQuest.com. The location address for the race would be 701 NW Green Oaks (Arlington, TX 76006).

Once in the park, turn Left at the first road on the left. Continue on that road until you see the race activity. Find a parking space. You've arrived at the race!!!

WHEN: 8:30 AM, Saturday, December 28, 2013 8:30 AM 1 Mile 9:00 AM 5K

(Keeping the weekend charity 5K races going...)

WHERE: Elm Grove Pavilion, River Legacy Parks, (a beautiful park with a relatively flat & fast, mostly tree-shaded course)
701 NW Green Oaks Blvd. (near the intersection of N. Cooper & NW Green Oaks), Arlington, TX 76006

ENTRY FEE \$15 for 5K OR \$5 for 1 Mile: Make checks payable to: **ASSIST Systems**

& REGISTRATION: Mail to :ASSIST Systems, P.O. Box 3635, Arlington, TX 76007, **(Please mail by 12/24/13)**

OR Walk in: Thru 6:30 PM on 12/27/13 at The Runner, 3535 W. Pioneer Parkway, Arlington, TX 76013 (817)461-2281

OR \$20 (5K) / \$5 (1 Mile)Race Day:7:30 AM – 8:20 AM, at the race site *(Also race number pick-up for mail-in and online entrants.)*

PLUS (voluntary) Bottled/Canned/Jar/Bagged/Boxed foods (for Community Food Bank), on Race Day

A group of 10 or more pre-registering together by mail or by walk-in (at the Runner), by cash or check/money-order, should deduct a 10% discount when paying.

AWARDS: 5K *1st Overall/Masters male/female, Top 3: 0-6,7-8, 9-11, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+

* Plus random & age milestone "SOULS & SOLES" awards. No duplication of awards.**NO T-SHIRTS!!!!!!** *But a small, scholarly memento.*

1 Mile: Ribbons to all finishers

DOOR PRIZES: Just a few. All participants are eligible. ***Must be present to win.***

PUPOSE/BENEFICIARY: *2fold:** Pure, unvarnished racing fun.* To offer a little help to **Community Food Bank**, Fort Worth, TX [www.food-bank.org].

INFORMATION: Contact 817-265-4578 / jephaa@yahoo.com / www.runningintheusa.com/jeph

Award winners' names will be submitted to the Fort Worth Star-Telegram (but not to the Dallas Morning News); **Complete results (all finishers)** to www.runningintheusa.com, etc.

Just for the Heck of It XVII (A Year-End Dance Against Hunger) 5K / 1 Mile Run/Walk Entry Form *(May be duplicated.)*

Mail to: P.O. Box 3635, Arlington, TX 76007 (Make checks payable to: **ASSIST Systems**)

Name _____ Age(as of 12/28/13) _____ **Race:** 5K _____ 1 Mile _____

Address _____

City _____ State _____ Zip _____ Gender: F _____ M _____

Phone # _____ Email Address _____

In consideration of the acceptance of this entry, I, the undersigned, assume full and complete responsibility for any injury or accident which may happen to me during the event known as Just for the Heck of It XVII (A Year-End Dance Against Hunger) 5K / 1 Mile Run/Walk or while I am on the premises of the event, and I hereby release and agree to indemnify, defend and hold harmless the City of Arlington, sponsors, promoters, and all other persons or entities associated with this event from all injuries and damages, or otherwise. Registration is final. No refunds.

Signature _____

Parent's/Guardian's Signature (if under 18 years old) _____

Date _____